





# Thank a Veteran

**Lt. Col. Mike Morgan**  
320th Missile Squadron  
commander

As I sat in my office early one evening last summer, I received an unusual phone call. It was from an older gentleman in Florida who served with the 320th Bomb Group in WWII. He called to inform me that the cancer he had been fighting was in remission and he had a new lease on life. Curious as to why he chose to call me, he stated, "There are not very many of my fellow squadron members left alive - and I needed to tell someone the good news, so I called you." This was a moving experience for me-the 320th Bomb Group is not directly tied to the history of the 320th Missile Squadron, yet this old warrior wanted to relate to a current active duty unit that still used "his numbers."

Just a few weeks ago, a former commander of this unit stopped by my office. He had donated a series of pictures to us a few years ago that now hang on the wall of our squadron lobby. He described for me a number of stories about the men in the photos. Some died during combat, a few suffered as prisoners of war and most of the survivors have since passed away. He had flown most of the airplanes in the pictures - a couple of which were downed by enemy fire. I was amazed at the level of detail he remembered as he accounted for the lives of his men. Each day was a matter of survival - winning the war not only meant freedom but also the ability to eventually go back home to their families. "You see," he said, "we went to fly each day wondering if we would come back alive."

Our nation recently reflected on a number of significant events in our military history. We just observed Memorial Day, the dedication of the WWII Memorial in Washington D.C., and this weekend we reflect on the 60th Anniversary of D-Day where we lost more than 3,000 brave Americans in a single day. Dubbed the "Greatest Generation," these veterans are passing away at an unprecedented rate. When my 5-year-old son becomes a teenager, only a handful of the WWII heroes will remain who will be able to describe the war face to face.

Remember those who gave the ultimate sacrifice to our great nation and of those who are still doing so each day in dangerous places around the world. Our operations tempo at the 90th Space Wing is extremely high and it may be easy to occasionally become frustrated with the grind of daily events. However, put it into perspective. Our mission here is critical to the nation, but how many of us drive to work in the morning wondering if we will come home at day's end? Put yourself in the place of the men and women who never knew for sure if they would survive through the next month, week, or day.

As the former commander of the old WWII unit was leaving, he walked through our squadron and thanked several of the missileers present for the great work they are doing for the country. He seemed genuinely enthused to be in the presence of these young lieutenants. When you encounter one of these veterans, I encourage you to do the same. Learn from their stories and thank them for their service!

## Hoops' Shots

It's only a week later and I am still excited about our terrific performance during our big inspections. You can feel the pride all over the base. Well done - you deserved this big victory. The goal now is to remember this feeling, consolidate on our successes and take our performance to the next level. It may be two to three years before the next ORI/ERI/CI comes to Warren. We need to share our successful strategies now so the generation after us will have that same great out brief we did. As long as we stay WIRED that will be no problem at all.

The other good news with the end of inspections is I can get back to writing about cool people doing great things and I've got some catching up to do. First, let me congratulate **Mr. John Pierce**, 90th Missile Maintenance Squadron, for 30 years and **Mr. Leo Gomez** and **Ms. Cecilia Sauerwine**, 90th Services Squadron, for 20 years of faithful federal service. We're proud of you and thank you for your support of our base, Air Force and nation.

During the inspection

we had real world indications of smoke downstairs at M-01. The entire team, topside and downstairs, sprung into action with the result of complete security, safety and accountability even as first responders from nearby towns were processed on site. It shows the value of our teamwork and realistic training that this event went off without a hitch. My hats off to:

- Missile Crew: **1st Lt. Rachel Beard** and **2nd Lt. Steven Engler**

- Defenders: **Master Sgt. Freddie Smith, Tech. Sgt. Jeffrey Evans, Staff Sgt. Michael Clark, Senior Airmen Joseph Norman and Ricky Clark, Airman 1st Class Terry Cozad, Airman 1st Class Adam McCoy, Airmen 1st Class Michael Bennett, Pedro Palmer, Jamaal Abington, Airmen Maurice Gray and Phi Tran**

- Facility Manager/ Chefs: **Tech. Sgt. Gary Sanney, Staff Sgt. Misty Ross** and **Airman Rachel Guzy**.

And just so I'll have something for "story time" I have to men-

**See Hoops Page 7**

## Warren SENTINEL

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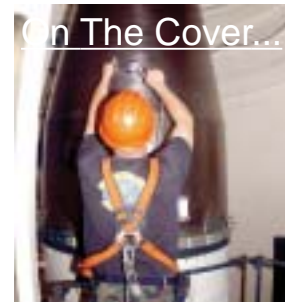
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*A maintainer from the 90th Missile Maintenance Group, works on a shroud during Warren's Operational Readiness Inspection. (Photo by Airman 1st Class Deanna Lehart)*



# Warren's Receives "Excellent" Rating During ORI

## Results

90th Space Wing -- Excellent  
 Command Post -- Satisfactory  
 Museum -- Outstanding  
 Chaplain -- Outstanding  
 History -- Excellent  
 Inspector General -- Outstanding  
 Exercise Evaluation Team -- Excellent  
 Judge Advocate -- Excellent  
 Manpower -- Excellent  
 Protocol -- Outstanding  
 Public Affairs -- Satisfactory  
 Military Equal Opportunity -- Excellent  
 Equal Employment Opportunity -- Satisfactory  
 Safety -- Excellent  
 Plans -- Excellent  
 Career Assistance Advisor -- Outstanding  
 Community Action Information Board -- Outstanding  
 Antiterrorism/Force Protection -- Satisfactory  
 Reserve Individual Mobilization Augmentee -- Satisfactory  
 90th Comptroller Squadron -- Excellent  
 90th Operations Group -- Excellent  
 90th Operations Support Squadron -- Outstanding  
 319th Missile Squadron -- Excellent  
 320th Missile Squadron -- Excellent  
 321st Missile Squadron -- Excellent  
 400th Missile Squadron -- Excellent  
 37th Helicopter Flight -- Excellent  
 90th Security Forces Group -- Outstanding  
 90th Security Support Squadron -- Excellent  
 90th Security Forces Squadron -- Outstanding  
 90th Missile Security Forces Squadron -- Outstanding  
 790th Missile Security Forces Squadron -- Outstanding  
 90th Maintenance Group -- Excellent  
 90th Missile Operations Squadron -- Excellent  
 90th Missile Maintenance Squadron -- Excellent  
 90th Mission Support Group -- Satisfactory  
 90th Mission Support Squadron -- Satisfactory

90th Civil Engineer Squadron -- Satisfactory  
 90th Communications Squadron -- Satisfactory  
 90th Contracting Squadron -- Excellent  
 90th Logistics Readiness Squadron -- Satisfactory  
 90th Services Squadron -- Excellent  
 90th Medical Group -- Excellent  
**Common Core Compliance Areas**  
 Intelligence Oversight -- In Compliance  
 Transition Assistance Program -- In Compliance  
 Voting Assistance Program -- In Compliance  
 Sexual Harassment Education and Prevention -- In Compliance  
 Homosexual Conduct Policy -- In Compliance  
 Special Interest Items  
 AF SII 04-3, Operations Security -- Satisfactory

## Professional Performers

**Judge Advocate**  
 Capt. Noah H. Herrick  
**Museum**  
 Ms. Paula B. Taylor  
**Public Affairs**  
 1st Lt. Darrick Lee  
**90th Comptroller Squadron**  
 Capt. William P. Griffiths  
 \*2nd Lt. Chad M. Christian  
 Ms. Lois M. Mader  
 Mrs. Deborah L. Palmer  
**90th Operations Group**  
 \*Tech. Sgt. Brian R. King  
**90th Operations Support Squadron**  
 Mr. Walter L. Chumney  
 Mr. Henry F. Sucharski  
**37th Helicopter Flight**  
 Capt. James L. Cline  
 Staff Sgt. Dale E. Mathews  
**90th Maintenance Group**  
 Tech. Sgt. Roy S. Lee  
 Ms. Jessica A. Siler  
**90th Maintenance Operations Squadron**  
 Tech. Sgt. Bruce A. Pollock  
**90th Missile Maintenance Squadron**  
 Senior Airman Coretta E. Haley  
 Airman 1st Class Darrell W. Clemens  
**90th Security Forces Squad-**

**ron**  
 Staff Sgt. Rosland K. Brown  
**90th Missile Security Forces Squadron**  
 Tech. Sgt. Alexandra Sutherland  
 Staff Sgt. Jeremy D. Martin  
**90th Mission Support Squadron**  
 Staff Sgt. Chad W. Buchman  
 Staff Sgt. Leticia Poblano-Clark  
 \*Airman 1st Class Marissa D. Agustin  
 Airman 1st Class Nathan L. Morris  
 Ms. Marsha A. Glaser  
 Ms. Karen S. Kritzmire  
 Mr. Chester A. Johnson  
 Mr. Steven A. Castle  
**90th Communications Squadron**  
 Airman 1st Class Jamie C. Stefanini  
 Airman 1st Class Sophia Un  
 Mr. Rodney B. McDowell  
**90th Contracting Squadron**  
 \*Ms. Sheree G. Fowler  
**90th Logistics Readiness Squadron**  
 Ms. Roselyn C. Ginn  
 Airman 1st Class Victor J. Cortez  
 \* Professional performers who received special recognition from the inspector general

## Professional Teams

**90th Operations Group**  
 Evaluator Crew "A" Trainer, 23 May 04, 11 a.m.  
 Evaluator Crew "A" Trainer, 23 May 04, 7 a.m.  
 Evaluator Crew "A" Trainer, 23 May 04, 7 a.m.  
**90th Operations Support Squadron**  
 S-202 Instructor Crew, 22 May 04  
 S-200/S-203 Instructor Crew, 22 May 04  
 S-200/S-201 Instructor Crew, 22 May 04  
 S-221/S-222 Instructor Crew, 22 May 04



*Photo by Berni Ernst*  
 Col. Evan Hoapili and Mrs. Amanda Hoapili celebrate the results of Warren's Operational Readiness Inspection along with the group commanders and nearly the entire wing at the inspector general outbrief May 28 at the base theater.

Facility Manager/Missile Chef  
 Training Section  
**37th Helicopter Flight**  
 Helicopter Tactics Team  
**90th Security Support Squadron**  
 Keys and Codes Control Center  
 Security Forces Training Section  
**90th Security Forces Squadron**  
 Kennel Support Personnel  
 Law Enforcement Operations Section  
 Security Forces Administration Section  
**90th Mission Support Squadron**  
 Family Support Center  
 Personnel System Management Office  
 Relocations Element  
**90th Communications Squadron**  
 Quality Assurance Personnel  
 Visual Imagery and Intrusion Detection Systems Personnel  
**90th Contracting Squadron**  
 Acquisition Professional Development Program Management Team  
 Base Communications Operations and Maintenance Contract Team  
**90th Logistics Readiness Squadron**  
 Security Forces Maintenance Support Team  
 Passenger Travel/Household Goods Element  
**90th Services Squadron**  
 Fitness Center Staff  
 Marketing Department  
 Crow Creek Inn Staff  
 Resource Management Flight  
 Community Support Flight

# Epoxy Ensures Removal of Water Restrictions

**Elizabeth McClain**  
*90th Civil Engineer Squadron*

Extensive testing of potable water within Warren residential units proves the water is now potable and safe for consumption.

"The corrective epoxy process worked and the Environmental Protection Agency has released the housing residents from alternative water sources," said, Lt. Col. Steven Ditmer, 90th Civil Engineer Squadron commander.

Two hundred and sixty-five units in Carlin Heights were completed in April and 30 units in MCP/Capehart will be completed by Aug. 16.

In 2002, bioenvironmental engineering collected routine drinking water samples from base housing units to comply with the EPA lead and copper rule. The sampling results indicated lead concentrations in the drinking water ranging from 1.7 to 210 parts per billion. The results were well above the EPA's established action level of 15 ppb.

The EPA issued an emergency order requiring Warren officials to provide alternate drinking water to base residents. Initially, the entire base was placed on alternative water restrictions. After extensive sampling, analysis and monitoring, the source of the problem was found to be isolated to specific residential units. Alternate water restrictions were lifted for all other base housing units and facilities.

Results of comprehensive sam-

pling, analysis and monitoring indicated the specific cause of the lead contamination was lead solder used during the construction of the residential units. All residents in the affected areas were notified of the elevated lead levels. Solder used prior to the late 1980s often contained as much as 50 percent lead by weight. The lead solder can dissolve into the water through a process called leaching. Current law requires the use of lead-free solder.

Several town hall meetings were held where base residents were provided with information, possible health risks and possible corrective actions.

Options such as water treatments to reduce aggressive water, pipe replacement and remaining on alternative water sources indefinitely were all considered. All of these options were eliminated and the innovative protective barrier coating process known as epoxy coating was selected as the corrective action. The coating prevents water from ever actually coming in contact with the pipe solder, and therefore, no lead leaches into the water. Because EPA Region 8 had no previous experience with using this new technology the base conducted a pilot test, and had EPA witness, view and eventually approve the corrective action for controlling Warren's elevated lead levels.

The cost of the epoxy coating project was approximately \$1.2 million. While this may seem high,

the end result has many benefits not found with the other options. The coating will not require repair or future maintenance for many years to come. The process also significantly reduces the length of time residents must be displaced from their homes, compared to the complete plumbing replacement option.

"After looking at all the alternatives, we decided the barrier coating was the best option for the residents and the environment," said Col. Craig Whitehead, 90th Mission Support Group commander.

According to Mr. Rob Miknis, 90 CES, the environmentally safe epoxy coating is applied using a six step process that takes from 48 to 72 hours depending on the size of the house. First, the plumbing fixtures are disconnected, then the water lines are drained and flushed. Next, an abrasive mate-

rial is injected into the pipe to remove any corrosion or mineral buildup. The epoxy barrier-coating material is then applied and allowed to cure overnight. Finally, the fixtures are reconnected and the lines are flushed to remove any residual material.

"Residents were relocated during the process to temporary lodging facilities and given basic allowance for housing during the relocation period," said Ms. Tammy Godfrey, Housing Flight chief.

Additional water samples collected after the epoxy process was completed indicated that the corrective action was successful.

"All samples collected after application of the epoxy coating indicated lead levels were well below the 15 ppb EPA action level," said Maj. Dena Maher, base bioenvironmental engineer.

After receipt of the sample results, the EPA, Region 8, provided the base with written authorization to remove residents from the alternative water restrictions. Carlin Heights residents no longer need to obtain water from the alternate sources.

The base expects to receive authorization from the EPA shortly to remove water restrictions for the remaining affected residential units as the epoxy coating installation is completed.

“After looking at all the alternatives, we decided the barrier coating was the best option for the residents and the environment.”

—Col. Craig Whitehead,  
*90th Mission Support Group commander*

6 by 3.75

# ROTC Graduates May Qualify for the MGIB

## Warren Education Office works hard to award \$800K in Education Benefits

**Capt. Warren Neary**  
*90th Space Wing Public Affairs*

Air Force officers may be missing out on one of the best benefits of military service, the Montgomery GI Bill, because they may think they don't qualify.

The MGIB offers more than \$40,000 in education benefits to ROTC graduates, but without knowing the rules, many officers may pass up money for further education.

"I was told by accepting the Air Force ROTC scholarship I was declining my option to accept the MGIB ... period," said 1st Lt. Matthew Bates, 90th Space Wing public affairs. "I took it on the authority of my ROTC detachment that they knew what they were talking about."

"Sometimes cadets are told

they don't qualify, and they believe it," said Mr. Michael Keith, 90th Mission Support Group education and training guidance counselor. "They don't realize it until they get an MGIB brief later down the road, or they hear about it from a friend."

Mr. Keith has worked above and beyond to help approximately 20 officers to receive more than \$800,000 in education benefits at Warren.

He admits it's been challenging to fully understand the intricate and sometimes not so clear regulations that govern eligibility for the MGIB. He said he wouldn't be surprised if there was some confusion at other bases.

"We've sorted out the rules, and we provide a briefing at the company grade officers professional development course," said Mr. Keith. "Some officers think they don't qualify. We have found that one officer will come in and check on his eligibility after getting the briefing and find out he qualifies. Then he tells his friends, and they come in and

sign up too."

According to the Veterans Education Benefits and Procedures Manual, a cadet on scholarship does not qualify for the MGIB unless he turned down a scholarship in his last semester or received less than \$3,400 during any single year.

To find out if they qualify, officers first need to obtain a letter from their ROTC detachment, university or the Air Force stating they received less than \$3,400 during any one year in scholarship funds from the Air Force, said Tech. Sgt. Gary Moix, officer promotions, 90th Mission Support Squadron.

Officers can check on their source of commissioning code in the education office or in the military personnel flight. If an officer

is coded incorrectly, the officer promotions section in the military personnel flight can change it. Once the code is changed, the

education office can enroll people in the MGIB.

By paying \$1,200 into the program, with an optional \$600 kicker, officers can secure up to \$40,860 in education

"I thought the door to the Montgomery GI Bill was locked, so I didn't even try to open it."

**--1st Lt. Matthew Bates**  
*90th Space Wing*

benefits.

"I thought the door to the Montgomery GI Bill was locked, so I didn't even try to open it," Lieutenant Bates said. "It took some luck to find out I might be eligible, and then a lot of patience to prove it, but now that door is open for me."

There are a variety of ways to use this benefit in or after service in the Air Force. For all the details, contact Mr. Keith in the education office at 773-3924.

6 by 5





Photos by 1st Lt. Matthew Bates

Marching Down the Alleyway

Members of the 90th Security Forces Group march down Capitol Avenue Monday during Cheyenne's Memorial Day parade honoring the heroes who gave their lives for our country.

Hoops From Page 2

tion how impressed I was with our Weapons Storage Area defenders I hung around with before the inspection. They were ready for anything and their performance during the ORI proved them right. In particular, I enjoyed meeting **Senior Airman Lordell Wilson** (entry controller), **Senior Airman Johnny Eaton** (LDA alarm monitor), **Senior Airman Ben Funk** (area supervisor) and fire team members **Tech. Sgt. Terry Higgins**, **Airmen 1st Class Rusti Guirroir**, **Greg Anderson** and **Josh Sediell**.

Airman Funk was especially high speed and it was very clear this young leader was very much in charge. Like a true, great leader he used the opportunity to talk about morale and readiness. Thanks to his input we have a better process between SFG and MSG to keep the perimeter roads in shape and the start of an agreement between SFG and OG to bring chefs into the "W" for special meals. Very huah!!

We had a relatively safe performance over the long weekend. Our one DUI fit an emerging pattern: a repeat offender who didn't learn from his first wake-up call and he was partying alone. We're running 2-1 with incidents of folks by themselves versus with friends who can watch their back and help them do the right thing. I urge you to continue that same teamwork that earned such a great inspection report and carry it off base too. We can and must "serve each other as we serve the Air Force." — Col. Hoops

6 by 6

# One Airman's Mistake Cost Others

**Airman 1st Class Antonio Grullon**  
*90th Missile Security Forces Squadron*

Everyday it seems like you turn around and hear that another alcohol incident happened over the weekend or even on a weekday — either someone who's been drinking underage or someone who is of age and gets a DUI. I can't speak for the twenty-one and older crowd, but I can speak for those underage because I am 20 years old.

You know, just about everyone dreams of hitting the number thirteen to become a teenager when they're young. Then, comes sweet sixteen and eighteen shortly thereafter that. And finally comes the even bigger number — twenty-one! And to be honest with one another, what young adult doesn't dream of becoming twenty-one? I know I do, or I thought I did. A lot of us want to be twenty-one, but at the same time we don't want to accept the responsibilities of that age. I know I can say I didn't on the night of April 7. That night I figured I could go with my friends and at the same time decided to drink and drive. Just like some of my other peers, I used bad judgment.

That decision that night cost me a lot. I received a suspended grade reduction, an underage DUI conviction, base restriction, extra duty, loss of driving privileges, pay reduction and a loss of orders. My decision wasn't the best and in return it cost more than I expected.

As I look back at all the other incidents, I've realized that we all, in some way or

another, acted the same. We did this by acting without thinking. Luckily, my decision making did not end in a fatality. I think I can say that the best thing that came out of my mistake that night was the fact that I didn't harm anyone, including myself. That night could have ended a lot different — it could have ended up with my passengers and me six feet deep. If that happened I wouldn't be here today to share my story with you.

My decision also cost my coworkers and other Airmen and NCOs their time off. Someone had to take my shifts since I was relieved of my duties. Many others paid for my mistake that evening by losing their time off-time with their families.

My main reason for writing this article is that you get this story from a different point of view — an Airman who has recently experience this all.

I want you to help me to get through to others the importance of not drinking and driving. If they're not twenty-one, get them to not drink. You always hear your NCOs trying to preach this same message — but now an airman 1st class is preaching. I am lucky, my mistake was a minor set back -- no one was injured or killed.

I would like to get back to where I was before this happened. It starts with crawling again, then walking -- all to regain my credibility. And maybe, just maybe my crawling will get others to do the right thing and make the right choices, but I will need your help. I will be walking again because a very powerful lesson has been learned.

*20th Air Force Judge Advocate Award Winners*

**Outstanding Judge Advocate of the Year**  
 Capt. T. Shane Heavener

**Outstanding Civilian Attorney of the Year**  
 Mr. Kurt Warmbier

**Outstanding Paralegal Airman of the Year**  
 Staff Sgt. Diana Wilkins

**Outstanding Legal Service Civilian of the Year**  
 Mrs. Sharon Jackle

Have a news, sports or commentary story idea for the Warren Sentinel? Contact the public affairs office at 773-3381.



6 by 4.5

**College National Rodeo Finals**

The College National Rodeo Finals is offering free seats to military members wishing to attend the rodeo at 7:15 p.m. June 19 in Casper. R.S.V.P to Ms. Deidre Forester at 772-5253 by June 10.

**Randall Avenue Closeure**

Randall Avenue will be closed today and Monday through Tuesday to allow for chip sealing. For more information, contact Tech. Sgt. Todd Meaney at 773-4515.

**Meals on Wheels Food Drive**

A food drive for Meals on Wheels will be held from 4 to 7

p.m. through Saturday at Building 485, Room 131. Non-perishable items are requested. For more information, contact Airman 1st Class Kenneth Williams at 773-2308.

**ATWIND Picnic**

Around The World In Ninety Days is the Air Mobility Command and Air Force Space Command services' game. The annual kick-off picnic is scheduled for 11 a.m. to 2:30 p.m. today at Argonne Parade Field. There will be live entertainment, free barbecue, lots of activities, and of course, ATWIND game tickets. For more information on ATWIND, log onto [www.atwind.com](http://www.atwind.com).

**Mini-Triathlon**

The 15th Annual War-

ren Mini-Triathlon is being held Saturday beginning at 6:30 a.m. with package pick up. Folks will be testing their strength in a 500-yard swim, a 12-mile bike ride and a 2.5-mile run. Entry fee is \$35 per person and \$50 per team. Entry includes a t-shirt, category awards, prize drawings and a post race party. For more information, contact the aquatic center at 773-3195.

**Commander's Calls and ATWIND**

Commanders who schedule an ATWIND briefing at their commander's call in June, July, or August earn ATWIND game pieces for all squadron members in attendance. Call Ms. Lorri Welsh at 773-2858.

**Commissary Awareness Month**

To find out more about Commissary Awareness Month, you can log onto [www.commissaries.com](http://www.commissaries.com). You'll see new tags in the store to make shopping easier.

**Wish You Were in Hollywood?**

The Warren public affairs office is looking for volunteers to help with video production for the base. For more information, contact 1st Lt. Darrick Lee at 773-3381.

**Anime Night**

How much of an anime fan are you? Visit the Dorm Escape every Thursday at 6 p.m. to watch classic and new anime with your fellow Airmen. For more information, contact Airman

1st Class Ian Redding at 773-4204 or Airman 1st Class John Bishop at 773-3572.

**Dental Fair**

The base dental clinic is sponsoring a dental fair for all active duty dependents and retirees from 1 to 2:30 p.m. Tuesday at the clinic. For more information, contact Mrs. Reva Lemley at 773-2620.

**Dorm Escape**

Warren's Dorm Escape has resumed normal hours.

Wednesday -- 6 to 10 p.m.

Thursday -- 6 to 11 p.m.

Friday and Saturday-- 6 p.m. to midnight

Sunday 6 to 10 p.m.



# Motorcycle Safety is a Two Way Street

**Tech. Sgt. Eric Rider**  
*90th Space Wing Safety*

Summertime has finally arrived, perhaps. The ORI is complete and we're ready to enjoy some outdoor activities. This means hundreds of motorcyclists will be hitting the road to enjoy the short, but beautiful summers in the Rocky Mountain area.

For most of us who don't ride, there is no reason to worry. Even though there will be many new bikers on the roads, the eagerness of base riders to attend the Motorcycle Safety Foundation's course is intense. They take pride in donning the most up-to-date personal protective equipment and freely discuss professional riding ethics amongst themselves.

An Airman who was involved in a motorcycle mishap a while ago shared a bit of his new found wisdom. Even though he received multiple injuries, he remained overwhelmingly positive about his riding experiences. He recalled the steps leading to his mishap and was certain that

without his training and personal protective gear, his injuries could have been much worse. He has always worn a Department of Transportation approved helmet and believes it was the major reason he was able to walk away from the scene.

Motorcycle riding has grown enormously in the last decade. So much, that it has become a topic of concern at the highest levels of our leadership. According to Air Force Chief of Staff, Gen. John Jumper, "Just as we ask experienced operators to mentor and train our less experienced ones, I am asking experienced motorcyclists to mentor new riders and help them develop their skills and knowledge about riding."

General Jumper further states, "To those who ride motorcycles, I respect your right to choose a motorcycle as a form of transportation and/or recreation. But, I ask you to operate them safely, practice good risk management, and operate within your abilities."

Those of us who don't ride need

to be aware of the increased number of bikers and look at our own driving habits. Most of us haven't been to a driver's course since we were sixteen, so maybe we should look at rededicating ourselves to responsible driving. Rolling through stop signs and gunning the accelerator through yellow lights are contributing factors in many motorcycle-automobile collisions.

Meeting the goal set by Secretary of Defense Donald Rumsfeld to reduce our mis-

haps by 50 percent is going to require all of us to drive with a renewed emphasis on SAFETY. Let's share the scenic highways with an increased awareness of our fellow travelers and make the most of our short time without coats and tire chains.



*Photo by Airman 1st Class Lauren Sixbey*

*Twenty-year motorcycle veteran, Mr. David Boddy sits atop his Harley Davidson demonstrating the proper use of safety equipment. Mr. Boddy is a member of Warren's fire department. For information on Wyoming's motorcycle safety class, contact Mr. Dave Clark at 773-3439.*

6 by 5.25



Photo by Mark Bates

## Ruff Competition

*HICKAM AIR FORCE BASE, Hawaii — Borris, a military working dog, shows he means business as his handler, Staff Sgt. Steven Redmond, holds him back during the Pacific Air Forces Military Working Dog Competition here. The team is from Misawa Air Base, Japan.*

# DOD Begins Tricare Retail Pharmacy

WASHINGTON (AFPN) —

The new Tricare Retail Pharmacy contract took effect Tuesday for Tricare beneficiaries located in the 50 United States, the District of Columbia, Puerto Rico, the U.S. Virgin Islands and Guam Department of Defense officials announced.

The contract has about 53,000 civilian pharmacies in the nationwide network. In the past, the Tricare regional contractors provided retail pharmacy services.

Most beneficiaries should not notice the change in services with the new contract, officials said. To use the new retail pharmacy program, as with all other DOD health programs, beneficiaries must be eligible and enrolled in the defense enrollment eligibility reporting system.

The program has many new enhancements. Pharmacy claims processing is now centralized, and beneficiaries no longer have to mail claims to

multiple sites for processing or call various telephone numbers to get assistance filling a prescription when using the retail network. Patient safety has also been enhanced by the pharmacy data transaction service that processes all claims, including paper claims.

For a single copayment of \$3 for a generic or \$9 for a brand-name prescription, eligible beneficiaries may continue to receive a 30-day supply of their prescription medication from the new network of retail pharmacies. To use this benefit, a written pharmacy prescription and a uniformed services identification card are required. Tricare beneficiaries who used a retail pharmacy in 2003 will receive, by mail, a pharmacy identification card, a Tricare Retail Pharmacy benefit guide and a letter listing the 12 network pharmacies closest to their home.

The benefit is now portable.

Beneficiaries traveling outside of their designated Tricare region who need to fill a prescription are no longer required to pay the full prescription price or file a Tricare claim to get reimbursed for their out-of-pocket expenses when they use a Tricare retail network pharmacy. Pharmacy copayments are the same in every location where the retail pharmacy is available.

To locate a network pharmacy, beneficiaries may use the Tricare pharmacy locator service available online at [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE), or they may call (866) 363-8779.

For eligible beneficiaries with other health insurance, Tricare pays after all other insurance plans have paid. To use Tricare as the secondary payer or to obtain reimbursement for their out-of-pocket pharmacy expenses, beneficiaries will need to submit a Tricare claim

Defense Department Form 2642 and a receipt for their prescription medication.

Express Scripts can mail prescription medications to any U.S. postal address or to an APO/FPO address. However, it cannot send prescriptions to a private, foreign address. Prescriptions must be prescribed by providers who are licensed to practice in the United States.

## Want to Locate a Network Pharmacy?

**Try the Tricare pharmacy locator service available online at [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE), or call (866) 363-8779.**



# Protocol NCOIC Hopes to Inspire Others

Airman 1st Class Lauren Sixbey sat down with Cheyenne native, Senior Airman Matt Edwards, 90th Space Wing Protocol NCOIC, to talk about leadership, his family and what it's like to be Matt Edwards.

## Describe your job.

In protocol we take care of generals, colonels and chiefs. We make sure their visits to the base run smooth on every level. From their itineraries to their lodging to where they get seated at any function they attend. We pound out the details so they don't have to.

## What's your favorite part about your job?

I like meeting the different DV's we take care of. I enjoy learning about what they do and hearing them speak at different functions. They share a lot of good insight on what's going on in our country and around the world in regards to our fight against terrorism. Protocol is a behind the scenes job so you don't get a lot of kudos. We do collect quite a variety of coins. Coins from the DV's that visit are the kudos of protocol.

## How long do you plan on staying in the Air Force?

Right now, I'm looking at 20 years. It depends on where I land after protocol.

## What did you do before you joined?

I was a sales manager for TechStore.com, an online computer hardware and software company in the San Francisco Bay area.

## What brought you to San Francisco?

I went out there for college initially. Then I met my wife and started working for TechStore.

## Why did you enlist?

It was something I prayed about. The Lord told me he would open doors for me

that otherwise wouldn't be open if I joined. It also was able to bring me back to Cheyenne.

## Have doors opened?

Yes. Doors have opened that I've never dreamed of. I've gotten to do things and meet people I never would have gotten to otherwise.

## Where are you originally from?

I was born in Idaho and raised in Wyoming. I spent elementary school in Casper Wyo., and I spent part of junior high in Riverton Wyo. I finished junior high and high school here in Cheyenne at East High. I left Idaho when I was six months old.

## What was it that brought you back to Cheyenne?

I have family here. Home is where your heart is and no matter where I go my heart will always be in Wyoming. I see myself being a part of the community here in a political way down the road.

## Tell me about your family.

My mom passed away in 1998. She was a teacher at East High School. She was my best friend. My dad is the chief engineer of the Game and Fish Department. My little brother graduated from East High School and is working toward getting a business administration degree. I have a gorgeous wife, Teresa, and a beautiful 1-year-old daughter, Hannah Elizabeth. She is the joy of my life. She looks exactly like my mother.

## Who is your hero?

If I were going to pick someone who's alive today I'd say Mel Gibson. He does movies that take a lot of guts to do, like "Passion of the Christ." That takes a lot of conviction. His movies motivate you to want to be a better person. He's a man of character, passion and vision. Those are the things that I want to aspire to.

## If you could experience any moment in history, what would it be?

It's a toss up between World War II and the Civil War. I've always had a real passionate interest in those two conflicts and everything that surrounded them. If I had to pick, I'd say World War II. There was something in that generation that inspires me today. I would have liked to have been at Pearl Harbor, to see and experience it first hand. The impact that December day had on America changed our country forever.



## If you could have dinner delivered to you from anywhere in the world tonight, what would it be and where from?

I would order prime rib steak, a twice-baked potato, Alaskan king crab, garlic and butter to dip it in, peas and carrots and broccoli. A big Texas toast and iced tea. I'd ship that in from Texas. They do beef really well. The crab from Alaska.

## What is your favorite book?

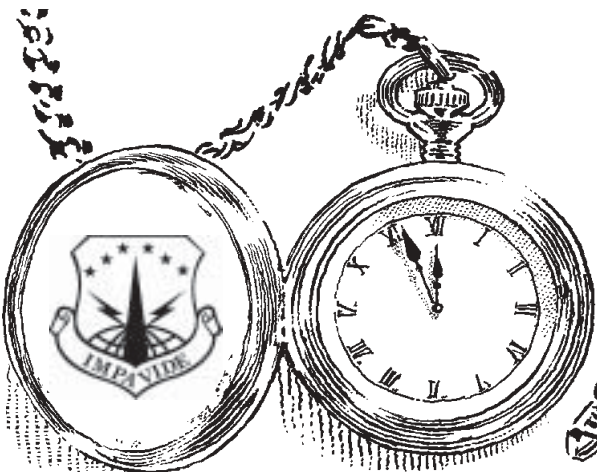
I think my favorite book would have to be "Leadership: A Warrior's Art" from the Army War College. It reminds me of why I breathe. I've always wanted to be a leader who can win the hearts and minds of people and stir their hearts for a worthy cause. I recommend that book to anyone in a leadership position. It's a must read for every military leader.

## When you were a kid, what did you want to be when you grew up?

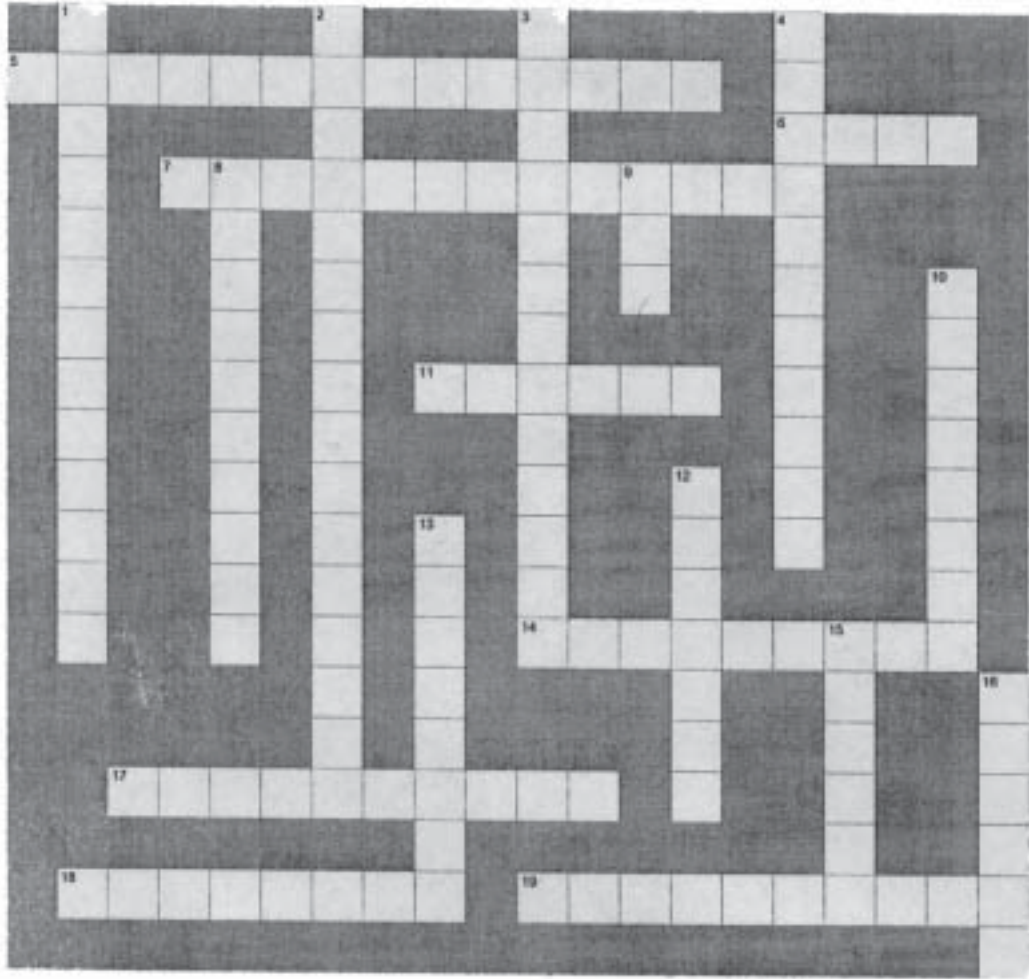
Everything. I wanted to teach, be a paramedic, a politician a chef and the list goes on. When I was a kid life was so big and rich. I wanted to soak everything up. I wanted to experience it all.

## What's your life's motto?

Be the best Matt Edwards I can possibly be and take as many people with me as possible.



101 Critical Days of Summer Crossword Puzzle



Across

- 5. Dangerous holes
- 6. Everyone takes some
- 7. Little piggy protection
- 11. Head protection
- 14. A click away
- 17. Every pool needs one
- 18. Inside hearing protection
- 19. Sun illness

Down

- 1. Complete this before inadvertent starting
- 2. Done on the road
- 3. Eye protection
- 4. Body fix it kit
- 8. Minimum 1/4 on every tire
- 9. Operational Risk Management (Abbr.)
- 10. Cook the skin
- 12. Knees not your back
- 13. Mid leg protection
- 15. Used to reach high places
- 16. Digit protection

Answers will appear in next week's Sentinel

6 by 6





50 Years of  
Space and  
Missile Trivia  
Question

*What does the “E”  
stand for in Francis E.  
Warren?*

Think you know the  
answer? Stop by the  
ICBM Heritage  
Museum and receive  
an Atwind game  
piece.



Photos by Berni Ernst

Services Takes AFSPC

The 90th Services Squadron Child Development Center (above) and skills centers (top) have been named the best of the best in Air Force Space Command. Col. Craig Whitehead, 90th Mission Support Group commander presented every single servicemember and civilian employee of two centers with a coin marking the occasion Wednesday. Lt. Col. Jack Mitchell also sent his congratulations and wished them the best of luck at the Air Force level. Ms. Jessica Parks, CDC caregiver, (above) received her coin while helping a child on the playground. The skills centers includes auto skills, wood skills and multi-craft skills.

Your  
Time is  
Precious

Close  
Dumpster  
Lids After  
Each Use